YOU'RE NOT TOO BUSY TO GET FIT

THESE TWO MOMS GET YOU ON TRACK. PAGE 25

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Time to decide

Who are you voting for? All eyes are on today's Democratic mayoral primary as voters head to the ballot box. PAGE 02

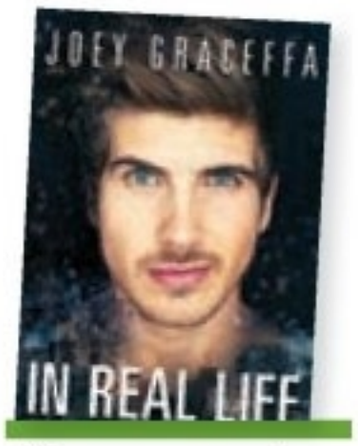
Voters will decide who will be the next to take up office at Philadelphia City Hall. / METRO FILE PHOTO

Amtrak resumes through Philly

PAGE 05

YouTube star Joey Graceffa gets candid

PAGES 16-17



Flyers not worried about new coach

PAGE 29

RE-ELECT
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1

NEWS

Top 3

The best of Metro.us

1 'President Barack Obama posts first tweet, Twitter responds'

2 'Passengers file lawsuit against Amtrak over deadly U.S. derailment'

3 'I took a pole dancing class and now I can die a happy man'

Get the latest

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The Short Answer: The final countdown

For tonight's up-to-date election results, check **Metro.us/philadelphia.**

Brass tacks. For the past 10 weeks, we've asked you questions about policy and about your personality. Primary Day is today. Why should I vote for you? DAN KELLEY

"Philadelphia is evolving, and our leadership must evolve too. The other candidates have held office for 25 years — and how has that worked out? I have more executive experience than all the others and the independence to make the right decisions. If we want different, we must do different."

Doug Oliver

"I've spent my career working to move every community forward, whether it was expanding domestic partner rights in the 1990s or fighting to decriminalize marijuana and end racially biased arrests in 2014. As mayor, I'll continue that fight by creating universal pre-K, ending stop-and-frisk, and funding quality neighborhood schools." Jim Kenney

"The choice in this election is very clear. We can either move our city forward or we can go backward to a time when machine politicians and union bosses ran the city. I want to move us forward: stronger schools, a more modern police force, and better jobs."

Tony Williams

"Because fixing our schools is the top priority of the next mayor, and I have a real plan to accomplish that mission and the executive experience to get the job done. I'll never stop fighting for you." Nelson Diaz

"Philadelphia deserves a trusted, experienced and passionate leader who will make the education of all our children the top priority. Under my leadership, we will simplify our tax structure, repair the silent crisis of our pension debt, and assure that our workforce is prepared for the jobs of the future." Lynne Abraham

Make way for the 'Queen of Jeans'

A biker rolls past a sign for the "Queen of Jeans." Artists Kid Hazo and South Fellini's reinterpretation of the famous King of Jeans store's sign, which was removed earlier this year, was hung up Monday on the fence of the East Passyunk Avenue block where King of Jeans formerly stood. As there is no Queen of Jeans store, the sign is temporary. / CHARLES MOSTOLLER

Progress. Ballot Question No. 1 asks if voters want SRC gone

Could there be a move toward abolishing the School Reform Commission (SRC)? The state body replaced the School District of Philadelphia's School Board in 2001 due to financial and performance issues.

Ballot Question No. 1 asks voters whether they think the city should call on Gov. Tom Wolf and state legislators to return local control of Philadelphia's schools.

Wolf did not respond to a request for comment on how he would respond if the ballot question is approved.

But during his election campaign last year, Wolf said he supported removing the SRC and replacing it with an elected school board.

Democratic candidates for mayor Lynne Abraham and Nelson Diaz support abolishing the SRC. Jim Kenney and Anthony Williams have supported reforming it before dissolving it, and Doug Oliver said it could remain if reformed into a regulatory body.

The SRC is staffed by five members, two picked by the mayor of Philadelphia, three appointed by the governor.

Wolf demoted former chairman Bill Green after Green ignored Wolf's orders to not approve any new charter schools at a February SRC meeting. Green remains a member, but former public school principal Marjorie Neff is now the chairwoman.

SAM NEWHOUSE

Make sure your voice is heard on primary day

Voice of the people. Participate in the democratic process and cast a vote in today's primary election.

A voting booth.
METRO FILE PHOTO

Sixty-seven candidates for judge. Seven Republican and 16 Democratic City Council at-large candidates. Four ballot questions.

It's a complicated ballot, but the most important thing any registered voter can do is show up and vote.

Polls will be open from 7 a.m. to 8 p.m. Any voter in line before 8 p.m. will be allowed to vote.

The local political watchdog, Committee of Seventy, is offering a dedicated hotline on May 19 from 6:30 a.m. to 9 p.m. staffed by independent volunteers. Call 1-855-738-3689 for help locating your polling place, with voting problems or for more information about candidates.

For any potentially criminal issues, call the DA's Election Fraud Task Force at 215-686-9641/9643/9644.

"We don't anticipate any problems on Election Day, but if there are, we are ready to respond," DA Seth Williams said in a statement.

The DA's office will have 60 prosecutors and several dozen detectives ready to respond to any fraud complaints, Williams said.

Voter registration/eligibility questions? 215-686-1590

Voting machine malfunction? 215-686-7800

Missing election materials? 215-686-1530

SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

Soaking up those rays

Students in University City take in some sun on the grass of Drexel Park on Monday afternoon. Forecasters predict rain and thunderstorms on Tuesday. It should cool off to the 70s for the rest of the week before going back up to the 80s over the weekend. / CHARLES MOSTOLLER, METRO

Derailment

Funerals held for Amtrak victims

Funeral services were held Monday for three victims of the deadly Philadelphia train derailment last week.

The funeral for 39-year-old Rachel Jacobs, chief executive officer of a software startup and mother of a 2-year-old daughter, was held in Southfield, Michigan, according to local media.

Services were held for Laura Finamore, 47, a real estate executive, in New York, and for Bob Gildersleeve, 45, of Maryland, in Holmdel, New Jersey.

Also killed were Justin Zemser, a U.S. Naval Academy cadet; Jim Gaines, an Associated Press employee; Abid Gilani, a Wells Fargo VP; Derrick Griffith, a dean at Medgar Evers College, and Giuseppe Piras, 41, an executive from Italy. REUTERS

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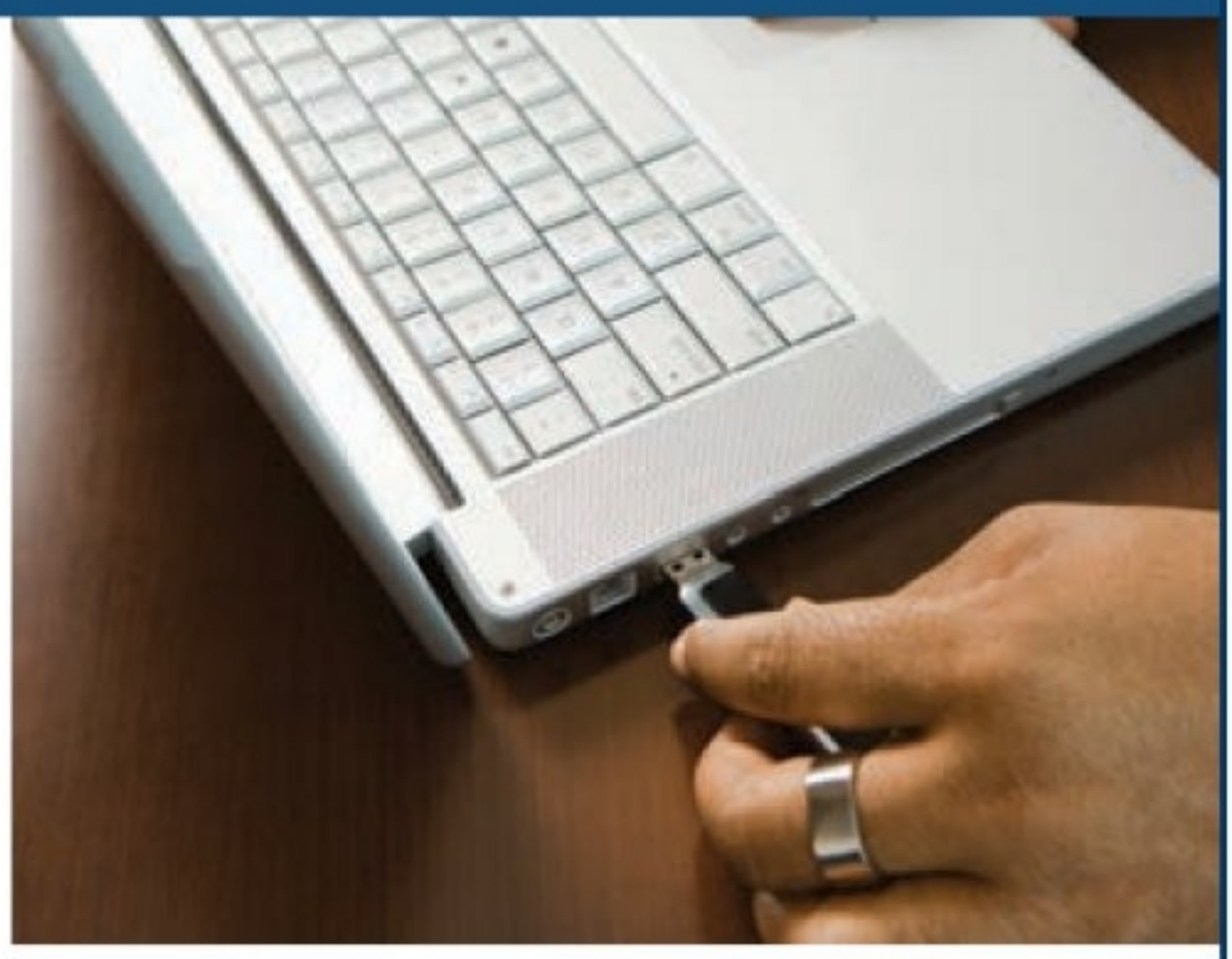

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Amtrak 188. Four passengers sue Amtrak over crash injuries

An Amtrak approaches 30th Street Station on Monday. / GETTY IMAGES

Four passengers on the Amtrak commuter train that derailed in Philadelphia last week filed a federal lawsuit on Monday against the U.S. rail service, as operations resumed on the heavily traveled Northeast Corridor.

The lawsuit, filed in Philadelphia, cited "serious and disabling" injuries from the May 12 derailment that killed eight people and injured more than 200 others.

The latest passengers' lawsuit, seeking unspecified damages, accused Amtrak and train engineer Brandon Bostian of negligence and recklessness.

Bostian, 32, who suffered a concussion, told investigators he has no memory of what occurred after the train pulled out of the North Philadelphia station, just before the crash.

Filing the suit were two Spanish citizens, Felicidad Redondo Iban and Maria Jesus Redondo Iban, as well as Daniel Armyn of New York and Amy Miller of New Jersey.

Felicidad Redondo Iban has required several surgeries to avoid amputation of her right arm, according to the complaint.

An Amtrak representative could not be reached immediately for comment. REUTERS

Legal action

The suit is the first filed by a nonemployee of the U.S. passenger rail service.

- Last week, an Amtrak worker who was riding the train as a passenger filed the first lawsuit, citing a brain injury he said he suffered in the crash.

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North Philly

Man who hit officers with car out of coma

Rudolph Keitt, 47, who hit four officers while driving wildly before police shot him in the chest on May 12, is no longer in a coma after undergoing surgery, his lawyer said Monday

Keitt is charged with attempted murder and aggravated assault. The officers who shot him are on desk duty pending review.

But his family says he was having a "medical emergency" when the incident occurred.

METRO

Rudolph Keitt / PPD

Amtrak restores service between NYC and Philly

Rebuilding. SEPTA Regional Rail service has also been restored to Trenton.

People walk through 30th Street Station on Monday. / CHARLES MOSTOLLER, METRO

Less than one week after an Amtrak train derailed in the city's Frankford section, killing eight people, Amtrak restored service on the line connecting New York City and Philadelphia.

"I'm obviously happy I can go," said Peter Moomijian, who was making the trip from Philadelphia's 30th Street Station to New York. "I travel Amtrak a lot, and I'm not concerned about any issues."

Amtrak says crews have been working around the clock to restore service, which sees 26,000 trips every weekday.

For the most part, passengers had confidence that the track repairs would be done well, but there were a few people for whom the memory of last week's train wreck sparked a little anxiety.

Amtrak wasn't able to provide numbers to show whether ridership was on par with typical weekday travel, but Yerg and other passengers said the lines to board New York-bound trains seemed a little sparse.

But that might not have been skittishness.

Leslie and Michael Gilbertson, of Portland, Oregon, were traveling the region as part of their 30th wedding anniversary, and had gone to New York from Baltimore about an hour before Train 188 derailed. They traveled to Philadelphia from New York on a Bolt Bus on Monday after being told by Amtrak over the weekend that there was no service between the cities.

"It's a little odd to look at the marquee and see New York," Leslie said, referring to the large sign that gives passengers track and departure information.

Some Amtrak riders said the crash would not change their affection for the rail service.

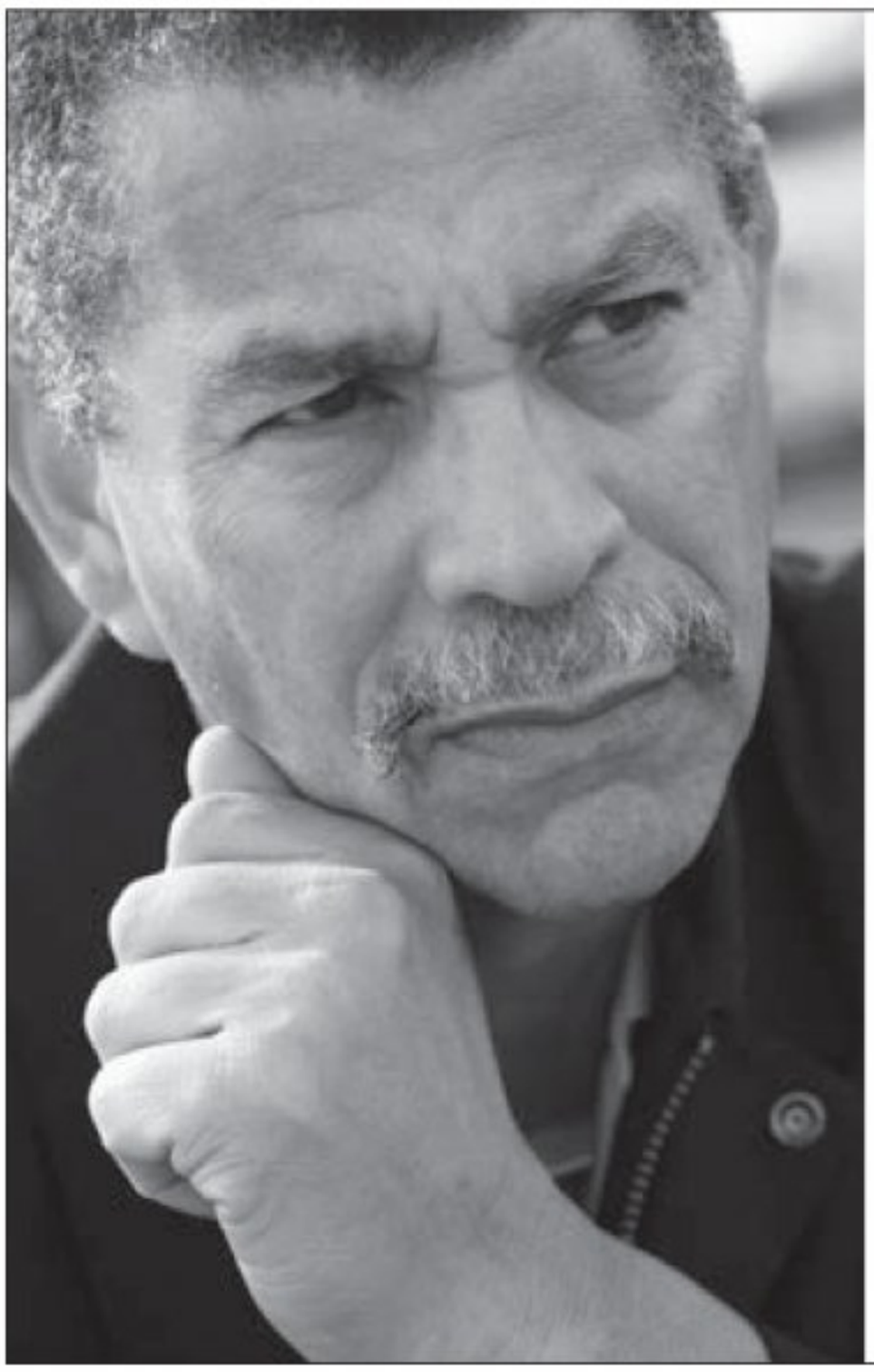
"I've never gone wrong on Amtrak," said Vineland, New Jersey, resident Bill Greco, who had returned from South Carolina by train on Monday.

Quoted

"I'm happy but nervous. I have to hope they took all the precautions they could to make it safe."

Bea Yerg, Amtrak passenger

DAN KELLEY
@MetroPhilly
dan.kelley@metro.us



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Five things you need to know

President posts first tweet

The President of the United States (POTUS) finally gets his very own Twitter account. Let the trolling begin.

After six long years as President of the United States, Barack Obama has finally joined Twitter with his very own personal account.

Just this morning, POTUS made his first tweet: "Hello, Twitter! It's Barack. Really! Six years in, they're finally giving me my own account."

As soon as the tweet was posted, it went viral instantly with over 58,000 retweets. More than 62,000 people favorited Obama's first tweet.

His wife, Michelle Obama (FLOTUS) has been tweeting since 2013, so it's about time her hubby steps his game up and joins the Twitterverse. As of now, POTUS is following 65 people on his account including major Chicago sports teams such as the Blackhawks, White Sox, Bulls and Bears. He also followed George W. Bush too. We guess he's interested in what he's been up to lately.

Although many people congratulated POTUS for getting his own Twitter account, others, of course, seemed to reply with sarcastic comments.

LENYON WHITAKER, METRO

Colo. movie massacre jurors quizzed about Boston verdict

Lawyers for Colorado movie massacre gunman James Holmes asked that jurors in his murder trial be questioned on Monday about whether they saw reports of the death sentence given to the Boston marathon bomber, arguing it could affect their impartiality.

Prosecutors have said they will seek the death penalty if the 27-year-old Holmes is convicted for killing 12 people and wounding 70 during the midnight premiere of a Batman film at a Denver-area multiplex in July 2012. REUTERS

US announces hearing on Fiat Chrysler recalls

The Obama administration announced a public hearing to scrutinize how the automaker has handled 20 recalls affecting more than 10 million vehicles.

As part of a broader effort to get automakers to speed up the repair of recalled cars and trucks, the National Highway Traffic Safety Administration said FCA could face up to $700 million in fines and be required to buy back or replace vehicles if regulators find evidence that it failed legal recall obligations.

One of the largest campaigns cited by NHTSA was the 2013 recall of nearly 1.6 million Jeep vehicles whose fuel tanks could rupture and cause a fire. REUTERS

AT&T working on exclusive content for connected cars

AT&T is gearing up to bring connected car users exclusive content such as videos and games that can be streamed onto personal mobile devices, AT&T's Senior Vice President of Emerging Devices Chris Penrose said.

"It's no different than being able to hook onto a Wi-Fi hotspot anywhere and get access to content you already subscribe to and get unique content that you could only get in the back of the vehicle," Penrose said.

AT&T has signed up eight automaker partners, including General Motors, Audi and Ford, to hook up cars with Internet access. REUTERS

US loses meat labeling case

Canada and Mexico are readying trade sanctions against the United States after they won a meat labeling dispute, increasing pressure on the U.S. Congress to scrap the laws.

The World Trade Organization upheld a complaint by Canada and Mexico about U.S. laws requiring retailers to label meat with the country where the animal was born, raised and slaughtered, saying they discriminated against imported livestock.

Republicans, who have a majority in Congress, have signaled they may act to repeal the laws as early as this week, but consumer groups and many Democrats say they provide essential information for shoppers. REUTERS

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$315/Month
2014 Toyota Camry XLE

$321/Month
2011 Nissan Rogue SV AWD
$500 Down

$386/Month
2010 Mercedes E350 4MATIC
$500 Down

$298/Month
2014 Toyota Camry SE Sport
$500 Down

$285/Month
2014 Nissan Altima 2.5 SL
$500 Down

$314/Month
2009 Toyota Venza 4X4
$500 Down

$267/Month
2011 Buick LaCrosse CXS

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2012 Chevy Cruze

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$202/Month
2011 Kia Optima EX

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$202/Month
2011 Hyundai Santa Fe

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$235/Month
2011 Toyota RAV4

★ VALUE CAR ★

$210/Month
2013 Ford C-Max Energi

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2012 Volkswagen Passat

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Fighting Islamic State

Limits of the US-led strategy

To some analysts, the fall of Ramadi shows the limits of the U.S. strategy of attacking from the air but leaving ground fighting to Iraq's military and its Iran-backed militia allies.

"The Americans said that they have carried out airstrikes against ISIS but then the group went in and defeated the local forces," said Hassan Hassan, author of a book on Islamic State. "So they really need to come up with a whole new strategy ... and really take the fight to them."

U.S. officials said there would be no strategy change and Iraqi forces were ultimately responsible for defeating Islamic State.

Qassim al-Fahdawi, an Iraqi government minister, said Iraqi forces lacked the professionalism, training and discipline to withstand a smaller number of skilled Islamic State fighters.

Islamic State, which emerged as an offshoot of al Qaeda, controls large parts of Iraq and Syria in a self-proclaimed caliphate where it has carried out mass killings of members of religious minorities and beheaded hostages. REUTERS

Quoted

"We will retake [Ramadi] in the same way that we are slowly but surely retaking other parts of Iraq, and that is with Iraqi ground forces and coalition air power."

Steve Warren, Pentagon spokesman

Iraqi fighters of the Shiite militia Asaib Ahl al-Haq (The League of the Righteous) stand guard outside their headquarters in the Iraqi city of Basra. / GETTY IMAGES

Shiite forces move in on city taken by Islamic State

Capital of Anbar province. The Shiite militia was ordered to mobilize after the city was overrun on Sunday.

An Iraqi girl whose family fled Ramadi at a camp housing displaced families in Bzeibez, on the southwestern frontier of Baghdad. / GETTY IMAGES

A column of 3,000 Shiite militia fighters arrived at a military base near Ramadi on Monday as Baghdad moved to retake the western Iraqi city that has fallen to Islamic State militants in the biggest defeat for the government since mid-2014.

Setting the stage for renewed fighting over the city, Islamic State militants advanced in armored vehicles from Ramadi toward the base where the Shiite paramilitaries were massing for a counter-offensive, witnesses and a military officer said.

At the same time, U.S.-led warplanes stepped up raids against the Islamists, conducting 19 strikes near Ramadi over the past 72 hours at the request of the Iraqi security forces, a coalition spokesman said.

The militiamen give the government far more capability to launch a counterattack, but their arrival could add to sectarian animosity in one of the most violent parts of Iraq.

"Hashid Shaabi forces reached the Habbaniya base and are now on standby," said the head of the Anbar provincial council, Sabah Karhout. They were fully equipped and highly capable, the council said.

An eyewitness described a long line of armored vehicles and trucks mounted with machine guns and rockets, flying the yellow flags of Kataib Hezbollah, one of the militia factions, heading toward the base about 20 miles from Ramadi.

Spokesmen for militia groups said reconnaissance and planning were underway for the upcoming "battle of Anbar," the vast Euphrates River valley province where the U.S. military fought the biggest battles of its 11-year occupation. REUTERS

Killed

500

About 500 people have been killed in the fighting for Ramadi in recent days and up to 8,000 have fled, a spokesman for the provincial governor said.

NOTICE OF PUBLIC HEARING AND PUBLIC COMMENT PERIOD
PHILADELPHIA HOUSING AUTHORITY

The Philadelphia Housing Authority (PHA) is a participant in the Moving to Work Demonstration Program (MTW) pursuant to an Amended and Restated Moving to Work Agreement (MTW Agreement) with the US Department of Housing and Urban Development (HUD). The MTW Agreement defines the terms and conditions under which PHA is a participant in the MTW Program and requires PHA to submit an MTW Annual Plan for HUD review and approval. PHA's MTW Annual Plan for Fiscal Year 2016 was originally submitted to HUD in January 2015, and is currently awaiting HUD approval.

PHA is seeking public review and comments on a proposed amendment to the FY 2016 MTW Annual Plan concerning PHA's plans to convert 57 public housing units to project-based assistance under the Rental Assistance Demonstration (RAD) program. The PHA Board of Commissioners approved PHA's application to HUD for conversion of 3,433 public housing units under the RAD program in December 2013. Subsequently, in March 2015, HUD approved PHA's application through the issuance of award letters which serve as Commitments to Enter into Housing Assistance Payments Contracts (CHAPs).

The proposed amendment provides additional information as required by HUD concerning PHA's RAD conversion plans. The proposed amendment is incorporated in its entirety into the FY 2016 MTW Annual Plan through an attachment entitled "Rental Assistance Demonstration Significant Amendment". It is available for public review and downloading on PHA's website at www.pha.phila.gov under the "Latest News" section or may be picked up at:

Housing Choice Voucher Program Office - 2850 Germantown Ave 1st & 2nd Floor

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2500 Jackson Street
3226 McMichael Street
2411 N. 11th Street
715 Brandywine Street

Public Housing Management Offices:
Bartram - 5404 Gibson Drive
Wilson Park - 2500 Jackson Street
Raymond Rosen – 2301 W. Edgley Street
Norman Blumberg - 2311 W. Jefferson Street

PHA will conduct a Public Hearing on the proposed amendment. PHA residents, Housing Choice Voucher participants and the general public are invited to attend and provide comments at the Hearing and/or to submit written comments during the public comment period.

The Public Hearing is scheduled for May 20, 2015, from 3 p.m. until 5 p.m. at 12 S. 23rd Street, Philadelphia, PA 19103 - 6th floor

The public comment period begins on May 5, 2015 at 12 noon and ends June 5, at 2 p.m. All comments must be received at PHA's office by the end of the comment period. **Please send written comments to: Philadelphia Housing Authority, Office of Policy, Research and Enterprise Planning Attention: MTW Plan Amendment Comment, 12 South 23rd St., Philadelphia, PA 19103**

The Public Hearing is being held in an accessible location. If you require assistance, sign language interpreter or other accommodations, please call 215-684-4000. Please use the AT&T Relay Service for TTY.

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PHILADELPHIA HOUSING AUTHORITY
OPENING DOORS TO OPPORTUNITIES

Texas. Revenge attacks feared after deadly biker gang shootout

Waco Police Department Public Affairs Officer Sgt. Patrick Swanton gives a news conference in front of the Twin Peaks restaurant in Waco, Texas. / GETTY IMAGES

Police worried about retaliation attacks after 170 people were charged on Monday in connection with Sunday's shootout between motorcycle gangs that left nine dead and 18 wounded at a Waco, Texas, restaurant turned into blood-soaked shambles.

Bikers from at least five rival gangs attacked each other with guns, knives, brass knuckles, clubs and motorcycle chains at a Twin Peaks Sports Bar and Grill in the central Texas city. No bystanders or police were injured, police said.

When the bikers began shooting, officers moved in, some of them also firing their weapons. When the shooting ended, bodies were scattered in the restaurant and across two parking lots.

"I will tell you that we have had threats against law enforcement officers throughout the night," Waco Police Sergeant Patrick Swanton said at a news briefing, adding that hospital staff have also been threatened and bikers were reported to be traveling to the city following the shooting.

"Yesterday's events was bad guys on bad guys. When our officers arrived, those bad guys turned their guns on our officers," he added.

Police would not immediately release information about how they were holding the massive group, out of security concerns. Those taken into custody were charged with engaging in organized crime for capital murder and likely will face charges related to the bloodshed after an investigation of the sprawling crime scene that is expected to be lengthy, police said.

"Some of those may have been witnesses. Many of those are going to be individuals involved in the shooting, and criminal charges may be applicable for that," Swanton said.

The Texas Alcoholic Beverage Commission closed Twin Peaks, located at a shopping mall by a busy highway, for at least seven days "due to the ongoing danger it presents to our community," police said.

Twin Peaks is a chain restaurant known for scantily clad waitresses serving bar food and large mugs of beer.

The Waco restaurant had been used as a meeting place for motorcycle gangs for the past few months, police said. They had asked the restaurant's managers to put a halt to the meetings but said they did not heed the requests. REUTERS

Weapons

100

About 100 weapons were recovered from the crime scene strewn with shell casings, police said.

Gangs

Bikers, beer and bloodshed

Among the gangs involved in the shooting were the Bandidos Motorcycle Club, which the U.S. Justice Department says has between 2,000 to 2,500 members in the United States and 13 other countries. It is one of the biggest motorcycle gangs and a rival to the better-known Hells Angels.

"The Bandidos are involved in transporting and distributing cocaine and marijuana and are involved in the production, transportation and distribution of methamphetamine," according to a Justice Department fact sheet.

The gangs try to keep under the radar as much as possible to avoid attention for their criminal activities. But the tension between

Bandidos / GETTY IMAGES

the Bandidos and at least four rival groups in Texas, including the Cossacks, came to a head at the gang meeting in Waco.

The fight started in a restroom that moved into the restaurant and then spilled out into parking lots where police had positioned themselves in anticipation of trouble.

It quickly escalated into a fist fight, which turned into a knife fight, which immediately turned into a gun fight. REUTERS

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US appeals. Court reverses part of Apple's $930M verdict vs Samsung

A Samsung and Apple smartphone on display / GETTY IMAGES

A U.S. appeals court on Monday reversed part of a $930 million verdict that Apple Inc. won in 2012 against Samsung Electronics, saying the iPhone maker's trademark-related appearance could not be protected.

In a highly anticipated ruling stemming from the global smartphone wars, the U.S. Court of Appeals for the Federal Circuit in Washington, D.C., upheld the patent infringement violations found by a federal jury in a court in San Jose, California, as well as the damages awarded for those violations.

Out of the $930 million judgment against Samsung, the appeals court ordered the court in San Jose to reconsider the $382 million portion awarded for trade dress dilution.

Trade dress is a legal term for a trademark on the way a product is packaged or presented. As part of its case, Apple had accused Samsung of diluting its brand and connection with customers by copying the look of its phones.

The appeals court said the features Apple sought to trademark were not eligible for this kind of legal protection because they relate to the functionality of the phone. To grant such protection would give Apple a monopoly on these features forever, the court said.

The 2012 trial was widely watched between the two smartphone titans. The jury found Samsung violated several Apple patents, including those related to the iPhone's design and appearance.

Apple was eventually awarded $930 million in damages but failed in 2013 to convince U.S. District Judge Lucy Koh to ban the sale of the infringing Samsung phones, which are now no longer on the market. REUTERS

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Unusual yoga classes get people in a lather

A launderette has started offering yoga classes, and it's really got customers in a lather. The mundane chore of the trek to watch clothes spinning endlessly has taken on a whole new meaning since the classes injected a fresh feel. Instead of glum faces transfixed on images of a rotating wash, regulars at the launderette in Tonbridge, Kent, now throw themselves into yoga stretches. And, encouraged by the success of the unlikely venture, the owners now plan to start French lessons, live music and an art club amid the whirring machines. "I wanted to make going to the launderette fun for a change. ... Why shouldn't it be a nice place for people to come and relax and use it as they would a community centre?" says Claire Orme, who runs Bubbles Launderette with her husband Chris. Qualified yoga instructor Guy Edwards, a 48-year-old former financier, takes the classes and says it's certainly quirky and, "the strangest place I've ever held a class, but it is working out really well. There is plenty of space for the mats, the floor is always spotless and people who have never done yoga before are turning up to give it a go. The beauty of yoga is you can do it anywhere, and this proves the point. It's a nice warm environment that people seem to enjoy."

REX USA

Quoted

"We have customers from teenagers to pensioners in their 70s now doing yoga here, and they seem to love it. It is a nice, clean environment to relax in, so why not? ... We are getting people away from their television sets and computers and meeting other people, so that must be good."

Claire Orme

Chris and Claire Orme

REX USA

HEPATITIS C: **A FORGOTTEN DISEASE**

Hepatitis C is a silent epidemic that affects over 3 million people in the U.S. But because the disease is slow moving and symptoms may not appear for years or even decades, chronic hepatitis C (Hep C) is often pushed to the back of the mind, or forgotten.

But here's something that shouldn't be forgotten—Hep C is a serious disease. If left untreated, it can lead to liver damage and potentially liver cancer.

HEPATITIS C: **THE FORGOTTEN FACTS**

DID YOU KNOW...

Baby Boomers (people born between 1945-1965) are 5 times more likely to have Hep C

#1 **Hep C is the number one cause of liver cancer and liver transplants**

75% **Up to 75% of people with Hep C are unaware that their livers are slowly being damaged**

HEP C CAN BE CURED

You may have had many reasons to put off thinking about your Hep C. The good news is that Hep C hasn't been forgotten. In fact, there's never been a better time to rethink Hep C because in the last few years scientific advances have made treatment shorter and more effective than previously. Cure means the virus is not detected in the blood when measured 3 months after treatment is completed.

If you or someone you know want to learn more about treatment options, talk to a Hep C specialist and get the facts.

Hepatitis Awareness Month: It's time to rethink Hep C.

Visit HepcHope.com/HepAwarenessMonth and talk to a Hep C Educator at 844-4-HEPCHOPE who can help answer your questions and work with you to create a personalized plan to prepare you for a conversation with your Hep C specialist.

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1 Rebel Wilson sits upon a throne of lies

"Pitch Perfect 2" star Rebel Wilson has been on quite the road to fame from her humble beginnings in Sydney, Australia. But if a former classmate is to be believed, Wilson has maybe been on that road a bit longer than she's letting on. An anonymous source — and probably a member of their high school reunion committee — tells Woman's Day that 29-year-old Wilson used to go by a different name — and a different age. "I studied with Rebel at Tara Anglican School for Girls in North Parramatta, Sydney," the classmate says. "But no one knew of a Rebel Wilson. Her name is — or was — Melanie Elizabeth Bownds, and she's 36." Ouch. Wilson has previously confirmed that at school she never went by Rebel but instead by her two middle names, just like her siblings Liberty, Anarchy and Ryot, but what about the age discrepancy? Or maybe, I don't know, this supposed classmate just has Wilson confused with someone else?

ALL PHOTOS GETTY IMAGES

2 Prince Harry doesn't like the Bridget Jones comparisons

Apparently some people have been comparing rakish royal bachelor Prince Harry to unlucky-in-love Bridget Jones because of his romantic track record, but the Prince just isn't having it. "Bridget Jones? Where'd that come from? Because I write my own diary or because I don't have a girlfriend?" he tells the Mirror. "Bridget Jones? That's sad. No, for me, it's good — I'm very happy not having a girlfriend. It's not a case of anything. I'm not, sort of, looking. It's cool." Sure, Harry. Whatever you say. Here, have some ice cream.

3 Leighton Meester and Adam Brody expecting a baby

In adorable couple news, Leighton Meester was spotted with an undeniable baby bump while out in L.A. with hubby Adam Brody. Despite all the onscreen drama on their respective shows, "Gossip Girl" and "The O.C.," the couple is pretty tight-lipped when it comes to their relationship. Meester did let it slip to Nylon magazine back in October that she was ready to start a family. God help her if it's a girl; you know everyone will be gifting her baby headbands with giant bows until that kid hits puberty. **EMILY LAURENCE**

Twitter feed

Today, Mindy Kaling is delirious, Russell Brand smells a conspiracy, and Ed Sheeran gets the munchies.

@mindykaling: Jet lag and wandering around my Cannes hotel, checking out the crown moulding

@rustyrockets: Do you think it's funny that letters of Prince Charles are getting suppressed?

@edsheeran: Dirty midnight burger and fries and nuggets get in my belly now fanks

THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRBAR
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Daily video

DREAMWORKSTV, YOUTUBE

Kid Avengers: A Little Age of Ultron

Before we move on completely from the Marvel blockbuster that kicked off "summer" movie season earlier this month, here's one more hilarious take on it from DreamWorksTV that subs out the franchise's adult stars with a cast of kids, with results that are both adorable and hilarious.

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SANSA AND ARYA FACE THE BRUTALITY OF THEIR WORLD

Sansa's storyline in Winterfell continues to provoke conversation.
HBO

Arya and Sansa Stark bookend "Unbowed, Unbent, Unbroken," a potent but disturbing episode of "Game of Thrones."

Episode MVPs

The Stark sisters never got along, but the show has been drawing a lot of parallels between them this year, even though they're continents apart. Arya opened "Unbowed, Unbent, Unbroken" by descending deeper into the House of Black and White, where she's training to become a face-changing assassin. She was shown into a room with walls covered in human faces, and it was like she was walking into some horrific lost fairy tale.

The same could be said of Sansa, who was wed to the monster Ramsay Bolton in an ethereal sequence at Winterfell before consummating the marriage in a brutal scene destined to be debated for weeks to come. Both Arya and Sansa brushed up against real darkness this week. Arya seemed almost exhilarated while Sansa just tried to keep her head above water. Her story provided the episode with its bleak, beating heart.

Elsewhere, the various plot threads churned on. Cersei won another battle in her ongoing war against the Tyrells, while Tyrion and Jorah continued their journey to Meereen. To lighten things up, the episode also included a swashbuckling action scene down in Dorne, where Jaime Lannister fought to protect his daughter from the hot-blooded Sand Snakes.

'Thrones' on the Web

WINTER IS COMING

As the editor-in-chief for Winter Is Coming, Dan Selcke spends his time writing about the latest "Game of Thrones" news and preparing for the long night that will have no end.

Read more at **Winteriscoming.net.**

Our watch for next week begins

Stannis was a no-show this week but continues to march on Winterfell. More and more, it's looking like the season will come to a head with a battle between him and the Boltons. This would allow the producers to include characters like Sansa and Brienne in the climax, as they're hanging around the margins of that conflict. Also, there was a noticeable uptick in snowfall during the Winterfell scenes. If the show follows the books, snow will soon play a big role in the characters' choices as winter finally comes and makes its presence felt.

Parenting

Sean Bean, Jon Snow and major spoilers

Of all the mysteries on "Game of Thrones," the most enduring is the one surrounding Jon Snow's parentage. Sean Bean, who played Jon's father Ned Stark back in Season 1, recently spoke about the topic to Vulture. "He's not my child," Bean said of Jon. "That's what I suspected all along." This season, the show has hinted that it's building to some sort of revelation, so Bean might soon have his suspicious confirmed.

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Joey Graceffa comes out

Memoir. And that's just one of the shockers the YouTube personality drops in his new book, "In Real Life."

With 4.4 million subscribers, 24-year-old Joey Graceffa has garnered a dedicated fan base through his gameplay videos and vlogs. On YouTube, his personality is sunny and upbeat, but Graceffa's new memoir (out today) shows that his life has been far from easy.

Family secrets

Graceffa talks candidly in the book about growing up with an alcoholic mother. Some of the scenes are violent and intense. "There are definitely some moments where I talk about my mom that I had never shared before with anyone — even my family — and it's being talked about in the book," he says.

"I [used to] keep those moments in the back of my head, and I thought they were going to go away, but by writing this book, it really healed a lot of the wounds that I didn't even realize were there."

A teaching moment

He also writes about what it's like to grow up with an autistic brother, whom he is very protective of and close with.

"I've seen people be afraid because they don't know how to interact or communicate with an autistic kid, and I just don't want my brother or any other kid out there who is dealing with that to feel like they're less

Joey Graceffa gets more honest than ever in his new book. / PROVIDED

Going offline

Why a book?

"There's only so much you can say in a video, only so deep you can get," Graceffa tells us about the decision to reveal everything by writing a book instead of talking about it on YouTube. "I had a lot more freedom to expand and go deeper into my experiences through writing."

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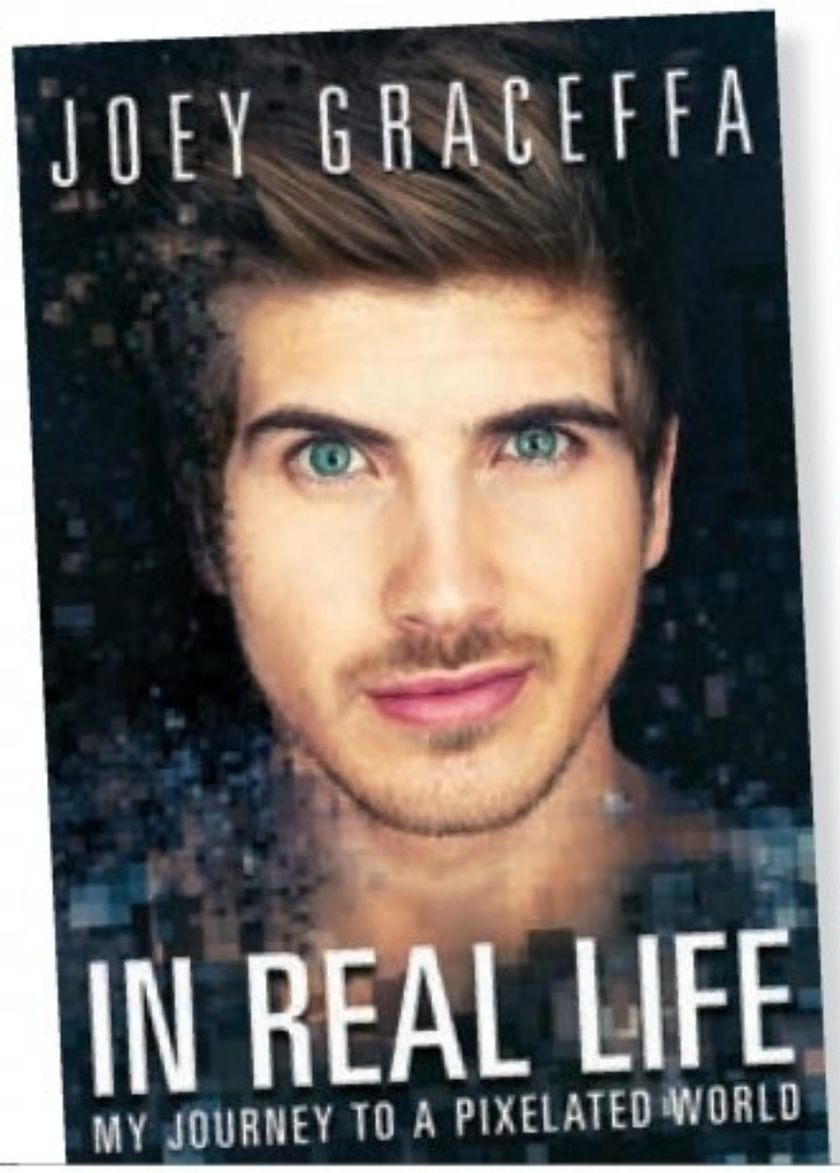
as gay in new book

of a person than anyone else," he says.

Coming out

Graceffa says his sexuality has always been one of the biggest questions his fans had for him, but the book is the first time he's addressing the question that, in his words, everyone wants to know. "I'm very excited," he says. "It will allow me to be more honest and open with everyone."

"In Real Life" is not only an eye-opening read, it's a good reminder to young adults that they don't know the people they follow on YouTube or Instagram as well as they think. What happens "In Real Life" is a more complicated story.



EMILY LAURENCE
@EmLaurence
emily.laurence@metro.us

TV watch list

They may all look concerned, but Victor Garber is actually just showing them his favorite cat video on YouTube. / DIYAH PERA

REALITY

'The Voice'

The show wraps up its eighth season with a two-hour finale. The first half looks back at everyone's performances while the second half crowns a winner. **SEASON FINALE, 8 P.M., NBC**

DRAMA

'The Flash'

Barry faces a big decision, courtesy of Wells, that might change his life. Martin Stein and Ronnie Raymond return to help out the S.T.A.R. Labs team.
SEASON FINALE, 8 P.M., CW

COMEDY

'Inside Amy Schumer'

Amy always gets up to such delightful adventures, doesn't she? This week, you can look forward to her providing breast milk for a dog and participating in a pageant.
10:30 P.M., COMEDY CENTRAL

TALK SHOWS

'Conan'

If you spent some time at the movie theater this weekend seeing "Pitch Perfect 2," you may want to check in with Conan, who has Brittany Snow visiting tonight.
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Diane Lane's mommie dearest

Interview. The Oscar nominee talks "Every Secret Thing" and its look at parenthood.

In the new drama "Every Secret Thing," Diane Lane plays a bad mother whose teen daughters (Danielle Macdonald and Dakota Fanning) are suspected of kidnapping a toddler. In real life, Lane is nothing but helpful toward her young stars, having been a young actress once herself who made her debut at 14 in "A Little Romance." The film also allows the actress to work with and for women — a rarity these days.

How do you tend to deal with younger actors?
It was nice to be on the other side of the equation. I remember being a very young person working on film sets. I never really recovered from the kindness I was shown by adults when I was a young person and am happy to reciprocate that now. It's been different from my experiences, though, what these kids had to go through because it's so grim.

She definitely has trouble connecting with both of her daughters.
As a young woman, or whatever age a person becomes a mother, you're faced with this expectation that you're going to be able to nurture somebody who has a very different proclivity than you can identify with. There's a book that was given to

GETTY IMAGES

Diane Lane plays a mother whose daughters — played by Danielle Macdonald, pictured, and Dakota Fanning — are suspected of abducting a baby in "Every Secret Thing." / STARZ DIGITAL

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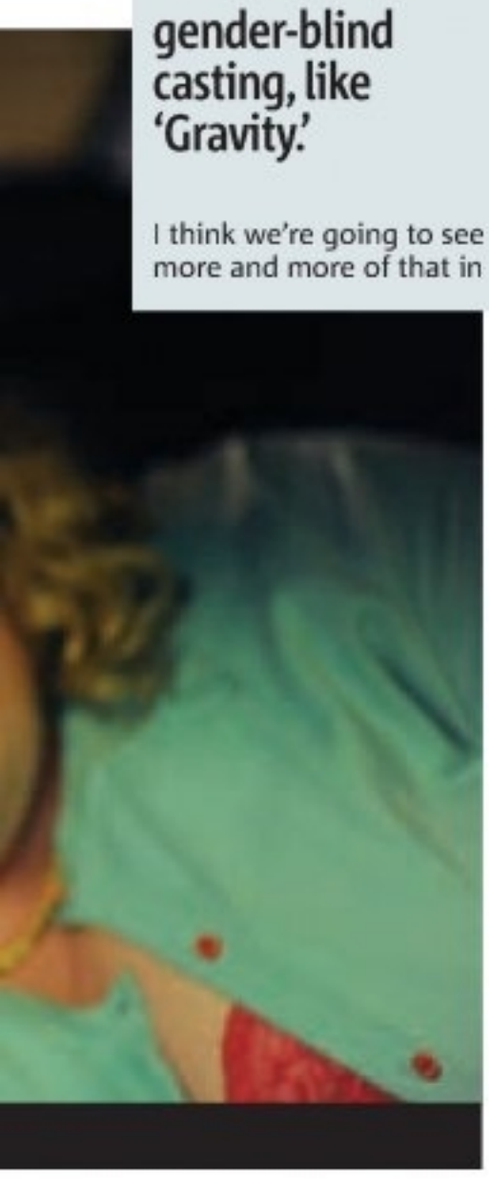
One more thing

There have also been films with gender-blind casting, like 'Gravity.'

I think we're going to see more and more of that in the future. Women are the greatest untapped resource in every field of endeavor. It's great to see the diverse experiences of women onscreen. What I loved about "Gravity" was that it didn't matter what the gender of the person was. You shared the journey of the character [played by Sandra Bullock]. It wasn't a woman's story, and it wasn't a macho story. I think what interests women and what interests men is blending, and that's a good thing. We're all of us complete beings, no matter what's between our legs.



me called "Far From the Tree." It's a visitation with various kinds of children that are born to "normal" parents, and the challenge for the parents is to find a way to nurture somebody that is very alien to them. That's what happens in our movie — that her daughters are so completely different from her that she just doesn't identify with being their mother. That's definitely part of her failure.

This is also a film whose cast is largely women, and which was produced, written and directed by women, respectively Frances McDormand, Nicole Holofcener and Amy Berg. Was that a major attraction for you to get involved?

No, I just thought the topic and the book were enough. The fact that women were bringing it to life made sense, in a way. I wouldn't have noticed it if it weren't such an anomaly, sadly. As far as statistics go, it's noteworthy. But I don't think it's any less interesting to non-females. It's not a pandering journey into the female experience. It's just human experience.

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@mattprigge
matt.prigge@metro.us

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Creating the next crop of artists

Culture. Art Sanctuary's Celebration of Black Writing aims to inspire.

Led by Saroya Corbett, the "Creating Resistance, Countering Dominate Narratives and Demanding Change: Women of Color in Dance" panel at Saturday's Literary and Arts Conference, part of the month-long Celebration of Black Writing, brings together black women in the performance arts.

How cool is North Philly-born visual art icon Barkley L. Hendricks? When a high-profile art critic awkwardly praised his work as being "brilliantly endowed" in the '70s, Hendricks responded by painting a self portrait wearing nothing but sneakers, socks and a newsboy cap.

The title of the portrait? "Brilliantly Endowed."

"I'm a product of my time," says Hendricks, who's better known as a painter, but whose rare photographic work is currently on display at Art Sanctuary. "Sometimes that can be sad, because as part of our culture, we all need to hang our heads in shame, but there are parts of our culture we can celebrate in terms of our humanity, our creativity and our trying to overcome unfortunate situations."

The exhibit, "Barkley L. Hendricks: Oh Snap!" is part of the gallery's month-long Celebration of Black Writing, a fundraiser for the Art Sanctuary programs. "Everything that we do comes under family programming and arts education," says Executive Director Valerie Gay. "When you donate to Art Sanctuary, it enables us to keep our programming and be able to serve some of the most under-resourced communities in Philadelphia. We serve those who need it the most."

Arts Sanctuary produces myriad events, from author discussions to the Hip H'opera collaboration with the Opera Company of Philadelphia. It also gives inspiration to young city artists, Gay says.

"Mr. Hendricks speaks about a life-changing event during a class trip," Gay says. "He went to an art museum as a child [in the 1950s] and said, 'Wait, people do this for a living? One day, I'm going to have my work on that wall.'"

He was right. Hendricks, along with Jacqueline Woodson, author of "Miracle's Boys," R&B duo Kindred the Family Soul and others will be given Lifetime Achievement Awards on May 29 at the Temple University Performing Arts Center.

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Study Start Dates:
Tuesday, May 26, 2015

Study Site:
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Barkley L. Hendricks' photos are on display at Art Sanctuary.
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Quoted

"He didn't know any other artists around, and it seemed ludicrous for a black kid from North Philly, but he said, 'One day, I'm going to be hanging on these walls.'"

Valerie Gay, of artist Barkley L. Hendricks

If you go:

'Barkley L. Hendricks: Oh Snap!'

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May 23, 10 a.m. to 4 p.m.
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www.celebrationofblackwriting.org

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Picnic season is officially here

Shop. Gingham takes center stage for spring.

Gingham, the graphic print associated with lunches in the sun and New England weddings, is having a stylish moment. Designers such as Altuzarra, Michael Kors and Oscar de la Renta spun the humble checkered pattern into high fashion on their Spring '15 runways. We found some must-haves for your warm-weather wardrobe.

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$35, TOPSHOP.COM

ASOS Longline shorts
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Solid and striped Anne-Marie swimsuit **$160, NETAPORTE.COM**

DVF Giselle gingham top, **$298**
Fausta gingham short, **$248, DVF.COM**

Ann Taylor printed tie-front dress
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Zara gingham narrow trousers **$69.90, ZARA.COM**

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Altuzarra / GETTY IMAGES

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Michael Kors / GETTY IMAGES

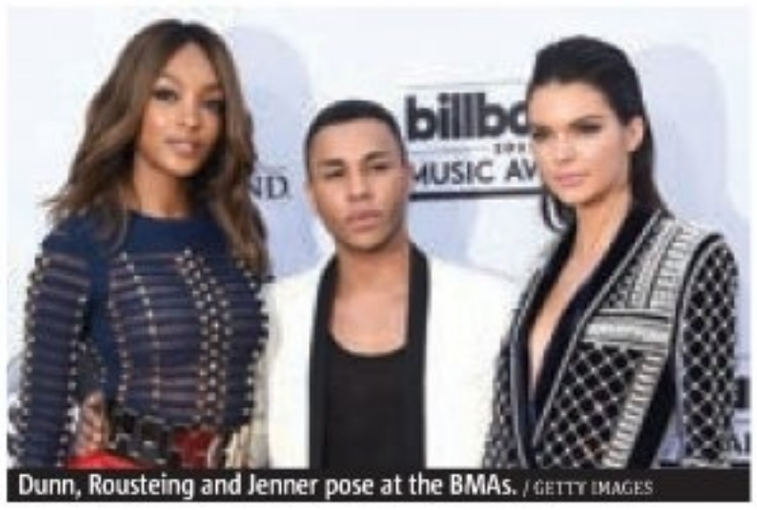
News. Balmain tapped by H&M

Balmain's Olivier Rousteing and his new "Balmain army" have joined forces with H&M.

The fashion designer announced the collaboration — dubbed Balmain x H&M — on the red carpet at the Billboard Music Awards in Las Vegas on Sunday night.

Rousteing, who was joined by models Kendall Jenner and Jourdan Dunn — two of his "army recruits" — dressed up in exclusive pieces from the collection, told Women's Wear Daily: "I want to talk to my generation; this is my main aim as a designer."

The men's and women's collections will hit 250 H&M stores worldwide and online on Nov. 5.



Dunn, Rousteing and Jenner pose at the BMAs. / GETTY IMAGES

Ann-Sofie Johansson, creative adviser at H&M, expressed her excitement to have Balmain as the Swedish brand's latest guest designer.

"With its mix of couture spirit and streetwear attitude, Balmain owns a unique style, at once opulent and direct, sensual and energetic" she said. "It is also closely linked to show business, which adds another element of surprise."

ELODIE NOEL, MWN

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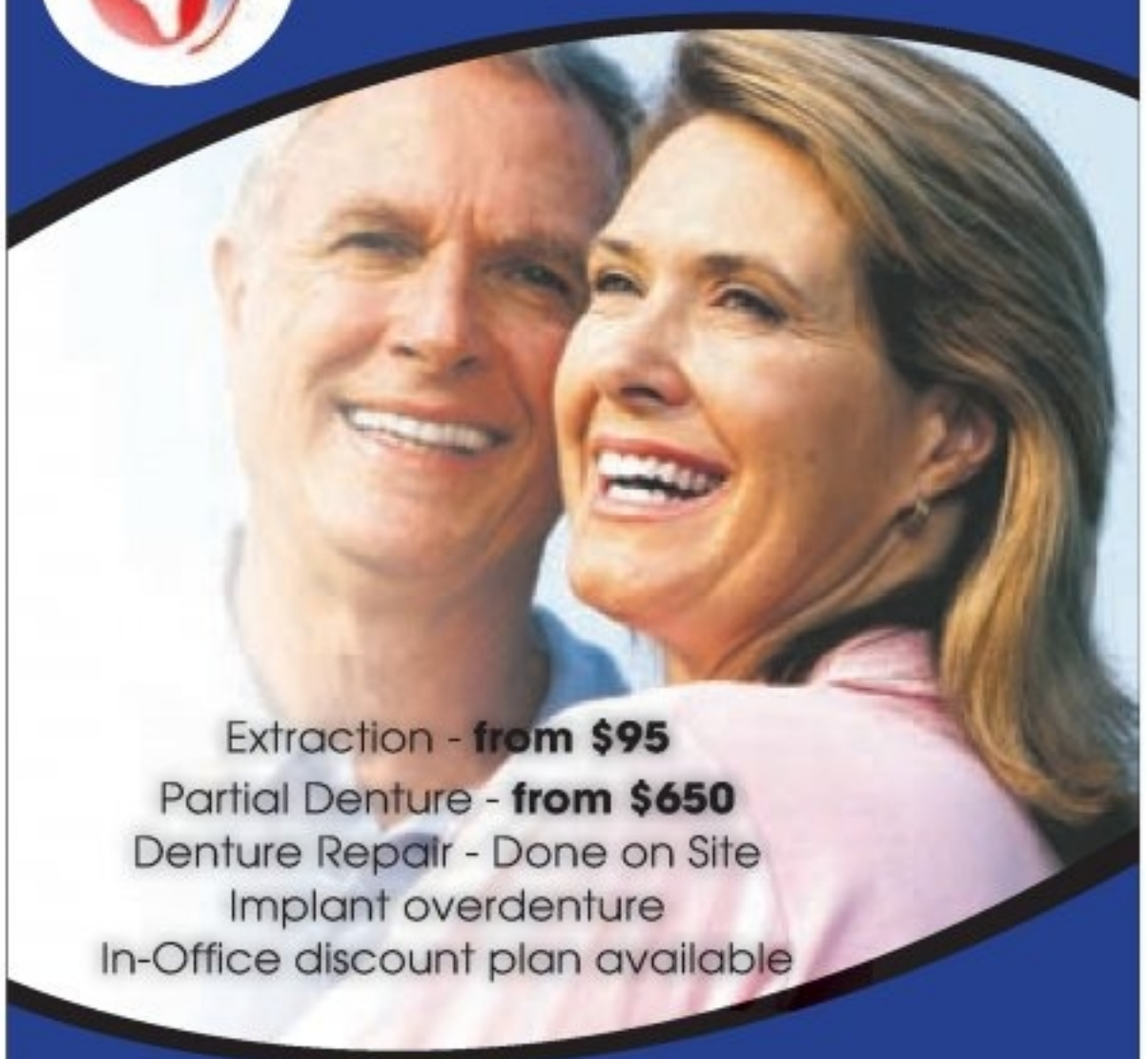

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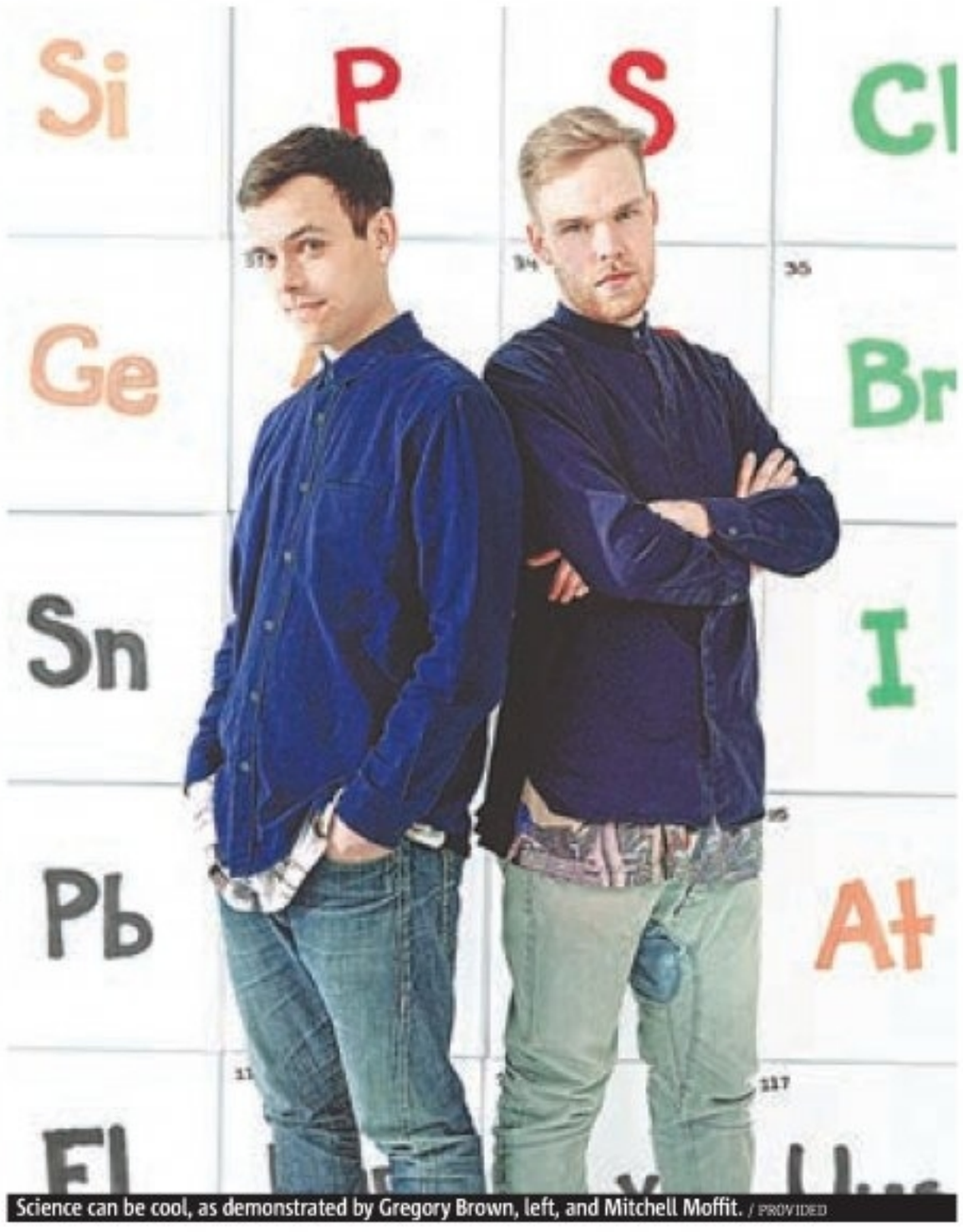

Science can be cool, as demonstrated by Gregory Brown, left, and Mitchell Moffit. / PROVIDED

Even though it's been 15 years, I'll never forget a time right before a ninth grade science exam, and all of the "cool" kids were congregating in front of the doors waiting for the teacher's permission to enter. One said, "Greg, I bet YOU studied," and they all laughed. I remember thinking, "Yeah, of course I did — wait, what was I missing?"

I thought science was fascinating. It was about exploring the world around us and attempting to dissect why exactly we are here. It was the first moment that I thought maybe people did not share this opinion, and maybe others didn't think science was "cool."

It seems as though things are changing, and I think the Internet and YouTube have become important avenues for this cultural shift. I taught science for two years, and when the subject is taught in schools, it has to follow a very strict curriculum, one that does not take a top-down approach. For example, it asks 12-year-olds to understand what an atom is before they can have any comprehension as to why this information is necessary.

It is not designed to pique curiosity or be easily understood, and if you want a science class to be exceptional, it is up to the educator. A teacher has to go above and beyond, think outside the box and work extra hard in a profession that is already one of the most time-consuming, challenging and underappreciated.

But there is something else happening simultaneously: Science and education have become extremely popular on YouTube. Our AsapSCIENCE channel has more than 3.7 million subscribers who form a mostly young, diverse group. As a channel, we are able to pose questions such as "Which Came First: The Chicken Or The Egg?" or "Does Playing Video Games Make You Smarter?" and "What If Humans Disappeared?"

When answering these questions in short clips, we can talk about genetics, evolution and molecular biology and educate the viewers without them even realizing how much they are learning. And there are many other websites and YouTube channels that do similar things, fostering a passion and love for science and creating a small but growing movement in which science is shifting and finally becoming "cool."

The Internet allows people to learn on their own, and with the growing popularity of YouTube channels that entertain and educate, we are so proud to be a part of a movement in which studying for a ninth grade science exam can finally be the cool thing to do.

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MAKE HEALTHY YOUR NEW HAPPY

Ditch the 'too busy' excuse

Wellness bloggers Two Fit Moms on making time for better living.

ANDREA PARK
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Masumi Goldman and Laura Kasperzak, better known collectively as Two Fit Moms, know what it's like to be busy — the fitness gurus maintain a blog, master yoga and keep healthy homes all at once. Adding to the list is a new collaboration with Gaiam and Kohl's on their own line of yoga clothing.

But Goldman and Kasperzak say it's not as difficult as it seems to make time for some handstands and downward dogs, especially when you can incorporate your kids into your workout.

Schedule your fitness

"The key to any exercise program, whether you have children or not, is to find a nonnegotiable time to do it," says Goldman. Having kids means the middle of the day is hectic, so take an hour or even just 30 minutes for yourself before they wake up in the morning or after you put them to bed at night.

Make the kids part of your workout

Moms actually have a natural excuse to be active because of their kids, whether it's chasing after them in the park or getting them to join in on their yoga practice. "My favorite exercise to do with my kids is AcroYoga," which involves balancing your partner above you, says Kasperzak. "They love it because they feel like they are flying — and I love it because it makes me feel like a kid again!"

Is yoga right for me?

Just because yoga works for the Two Fit Moms doesn't mean it's right for you. "The best exercise is the one that you are willing to do with consistency," Goldman says. "If you hate running, there's a good chance that you won't stick with it day after day, year after year."

Ease into a routine

"For beginners, my advice is always the same: Start out by dedicating 15 minutes a day to yourself," says Kasperzak. "The most important thing is to make it a daily practice and to have patience." Don't expect everything to just fall into place. Use the initial 15-minute sessions to learn the basics and proper techniques for any exercise you want to start.

Maintain good nutrition

"Get into the habit of preparing your breakfast the night before," says Goldman. She takes some of the effort out of it by prepacking her blender with the fruits and vegetables for her smoothie at night and sticking it in the fridge. Just take it out in the morning, add yogurt or milk, and blend.

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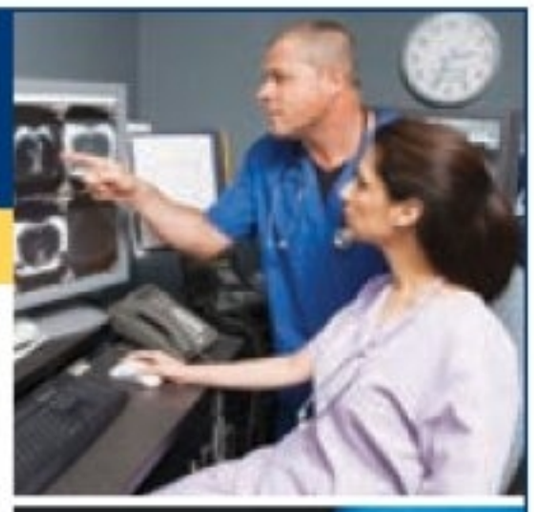

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Comfort eaters had good childhoods

A new study explains why we take comfort in old — and often unhealthy — favorites in times of need and sadness. ISTOCK

The question of why we find comfort in food has finally been answered. During difficult times, we crave our childhood familiar favorites — and for many of us, that means pasta, ice cream or chocolate — because of the good feelings we associate with that time in our lives, according to a new study out of the University of Buffalo.

"Comfort foods are often the foods that our caregivers gave us when we were children," says study leader Shira Gabriel. "As long as we have a positive association with the person who made that food, then there's a good chance that you will be drawn to that food during times of rejection or isolation."

To figure out why celery, for example, doesn't have the same effect, the scientists first assessed participants' attachment style — that is, the strength and stability of their emotional bonds — through a questionnaire. Then they were either given a writing assignment designed to make them feel lonely or on a neutral topic.

"We found that among those with strong relationships, experiencing the lonely writing task made them evaluate potato chips more favorably than others," explains co-author Jordan D. Troisi.

In a follow-up study, the participants' attachment styles were again assessed. They were then asked to keep a record of their feelings of loneliness and when they ate for comfort for two weeks. Again, "we found that for those with strong relationships, experiencing loneliness led to a much greater likelihood of consuming comfort food," Troisi says.

The scientific basis for emotional eating didn't come as a surprise. "Across the world, food is imbued with meaning and significance. We all need to eat to stay alive, but our research shows that we also need to eat for our psychological health," Troisi says.

Unfortunately, it's very unlikely that vegetables can bring that emotional satisfaction. "Green beans or salad can't be considered as comfort food; it needs to be rich to be able to give us emotions — and it has nothing to do with [whether] you like green beans or not," says Jean-Philippe Zermati, a nutritionist and author of "Losing Weight Without Dieting."

He continues: "Science hasn't figured out why yet, but only rich food is able to trigger emotions and stimulate what we call the reward circuit."

Until then, there's no need to feel guilty so long as you can indulge in moderation. "When you eat rich food, it takes more time to feel hungry again, so you will automatically compensate by eating less at the next meal," the expert adds.

Recipe

Crispy Duck Lasagne

These days, U.K. chef Jamie Oliver is focusing on getting healthier meals into schools, but he's also a chef who knows that when it's time for the dishes we crave, nothing else will do. He calls this "a dish to create memories" from his definitive guide to family classics, "Comfort Food."

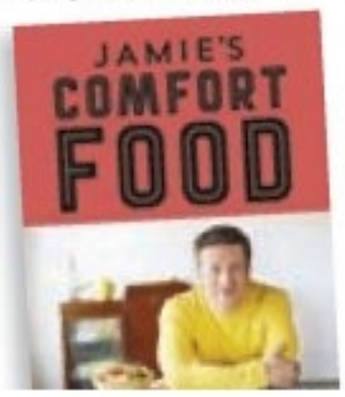
Ingredients:

- 1 whole duck
- olive oil
- 4 cloves of garlic
- 1 bunch fresh oregano
- 4 cups fresh or frozen spinach
- 1 whole nutmeg, for grating
- 1 onion
- 2 carrots
- 2 sticks of celery
- ¾ cup Chianti
- 56 oz. canned plum tomatoes
- 2 fresh bay leaves
- 2 cloves
- fresh pasta sheets
- 2.5 tbsp. Parmesan cheese

For the white sauce:

- 7 tbsp. unsalted butter
- ¾ cup plain flour
- 4 cups 2% milk
- ⅔ cup cheddar cheese
- ⅔ cup Fontina or Taleggio cheese

For the instructions to this recipe, go to www.metro.us.



PROVIDED

What to say when life doesn't smell like roses

This spring, I will be getting divorced. Because everyone is in such good spirits, I feel like I have to pretend that I'm OK, but I'm devastated. When people ask how I am, I never know how much to share.

Once Upon a Couch

KIM SCHNEIDERMAN, MSW, LCSW

NOVEL-PERSPECTIVE.COM

Kim Schneiderman's book "Step Out of Your Story: Writing Exercises to Reframe and Transform Your Life," is due to be published in the spring. Email Kim your questions at askkim@metro.us.

When you're hurting, don't isolate yourself — but pick the right people to open up to. ISTOCK

When you're in crisis, a simple "How are you?" can feel like the prelude to a hug or a punch in the gut, depending on who's asking and when/where the question is being asked. From a trusted friend, it can feel like a much-welcomed invitation to unburden your heart. But from a colleague or acquaintance, it can serve as a reminder that you're not OK as you find yourself fighting back emotions.

Sometimes, keeping up appearances is necessary and unavoidable, particularly in professional situations. But pretending can also be exhausting, especially when your emotional resources are already taxed. It also perpetuates the idea that it's somehow shameful to be sad, even though your feelings are completely understandable.

I'm a big fan of authenticity. Not only will being honest help you feel better, but it also encourages others to be open, creating opportunities for deeper connections. That doesn't mean you need to share the play-by-play of your unraveling marriage with a nosy neighbor or gossipy relative. Rather, express your truth while using discretion about what you share and with whom. Here are some things to consider:

1 Surround yourself with friends and family with whom you can be real. While socializing may be a beneficial distraction, for your own emotional wellbeing, you need to be able to share your truth so you don't bottle up emotions or feel isolated. That way, when anyone asks how you are, you can answer honestly.

2 You have a right to your privacy. While people may be curious, they don't need to know everything that's happening in your life. In a professional environment, consider what and how much you feel comfortable sharing. Perhaps you have one or two people whom you trust to keep your confidences. For everyone else who asks how you are (presuming they know about the divorce), you might simply reply, "I'm sad but hanging in there. Thanks for asking." You can even add that "divorce sucks" (in your own words) if you feel the need to say more.

3 Remember that you're not alone: Fifty percent of all marriages end in divorce. Consider joining a support group for divorcees. That way, you can share openly, learn from others and make new single friends.

Finally, it's worth noting that even though the world looks rosy in springtime, don't presume that everyone is frolicking in the tulips. Studies show that we tend to overestimate other people's happiness and that such assumptions make us feel needlessly deprived or inadequate. Life is sometimes hard. As Dr. M. Scott Peck wrote in "The Road Less Traveled": "Once we truly know that life is difficult — once we truly understand and accept it — then life is no longer difficult. Because once it is accepted, the fact that life is difficult no longer matters."

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*Diplomate, American Board of Podiatric Surgery, Fellow, American College of Foot and Ankle Surgeons

Horoscope

♉ Taurus | April 21-May 21 If asked to provide help for someone who was once close to you, you should do so with care. Be compassionate, but don't try to revive the previous intimacy you once shared.

♊ Gemini | May 22-June 20 Be realistic. You will burn out if you don't slow down and take care of your health.

♋ Cancer | June 21-July 22 Don't allow anyone to push you around. If your motivations are clear, there will be no reason to accept criticism or debate.

♌ Leo | July 23-Aug. 22 A personal change will improve your self-image and confidence. You will be able to convince others to come on board if you present your ideas with vigor.

♍ Virgo | Aug. 23-Sept. 22 Joint ventures look promising, but read the fine print before making a commitment. Clear your agenda in order to spend time on personal pleasures.

♎ Libra | Sept. 23-Oct. 22 Now is the time to tie up loose ends. You will gain credibility if you are seen as a take-charge individual.

♏ Scorpio | Oct. 23-Nov. 21 Don't deceive others about the way you feel. Honesty will strengthen a good relationship.

♐ Sagittarius | Nov. 22-Dec. 21 Share your ideas. A sound financial investment will pay off if you are willing to work hard.

♑ Capricorn | Dec. 22-Jan. 20 Prepare to jump at a romantic opportunity. The time is right for love. Spend some one-on-one time with the person who intrigues you most.

♒ Aquarius | Jan. 21-Feb. 18 Your dwindling bank account will require you to make some difficult choices. Durability and versatility will allow you to rise above unanticipated workplace changes.

♓ Pisces | Feb. 19-March 20 Someone will try to exploit your generosity. Be helpful and sympathetic, but keep your cash in a safe place.

♈ Aries | March 21-April 20 Make sure all of your bases are covered before you make a commitment. Something that sounds too good to be true will be a disappointment. EUGENIA LAST

Sudoku: Easy and hard

5				2			1	3
2						5		
				3	9		8	
		9		6	4	8		7
8								1
3		4	9	1		6		
	4		1	5				
		1						4
6	2			4				9

3		2		4				8
			9				1	
5				3		7		2
			4	8		9		5
			2		1			
9		8		6	7			
8		4		7				9
	3				4			
6				1		2		4

How to play Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters to the editor

Are Russians all that evil?

Re: 'Tsarnaev case far from the finish line' (Metro, May 18) Although I believe in an eye for and eye, the zeal with which the media is touting the death penalty for the surviving Boston bomber (Dzhokhar Tsarnaev) is unwarranted. Executing those involved in embarrassing situations seems to be our standard. Who was executed in the 1988 bombing of Pan Am flight 103? Nobody. Who was executed in the 1993 bombing of the World Trade Centers? Nobody. Executing Timothy McVeigh [of the] Oklahoma City bombing ended the embarrassment of the fact that no BATF or FBI agents were killed or injured. Why was every badge-carrying federal agent absent from work at (9 a.m.) on a weekday morning, their offices staffed only with civilian clerical workers?

After the bombing ... Ibragim Todashev became a suspect and was shot by the FBI.

When will America wake up and realize that the Military Industrial Complex, which outgoing President Eisenhower warned us about, has gotten more sophisticated. On 9/11, America started to die and now we are in a coma oblivious to the theft of rights and growing debt and virtually every American is now a suspect. JOSEPH DUPONT

letters@metro.us

Keep them as brief as possible, preferably under 200 words. Metro reserves the right to edit all letters. Please include your name and contact info.

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Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.

Crossword

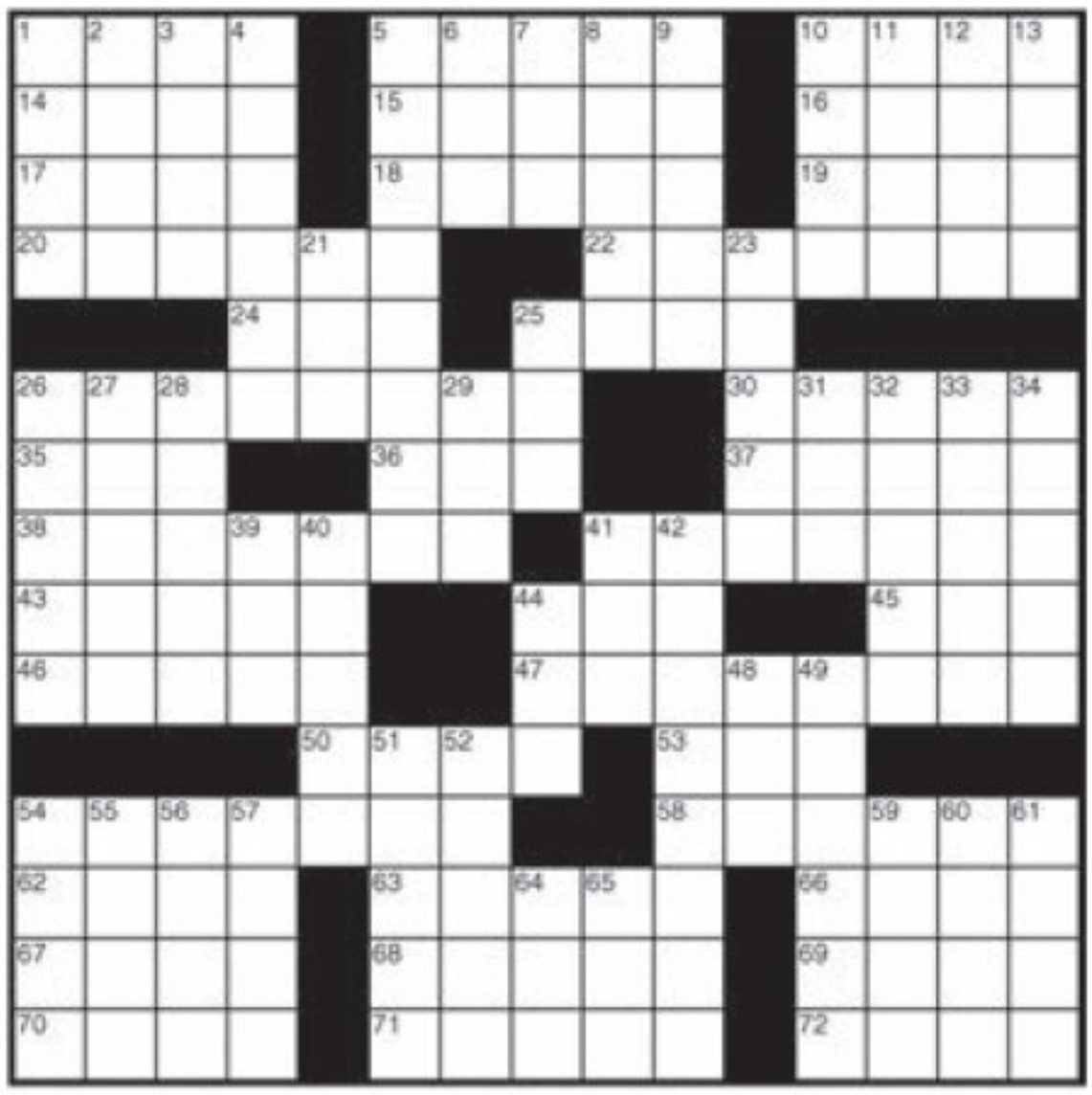
Across

1 Trendy
5 Meter reading
10 Pant
14 McEntire of music
15 Handles, in slang
16 Low voice
17 Pupil's place
18 Some moles
19 Come down hard
20 Dark igneous rock
22 Tern or albatross
24 Prickly husk
25 For fear that
26 Brazil neighbor
30 Rolex rival
35 Sooner than
36 PBS "Science Guy"
37 Full of cargo
38 Almost grown
41 Gold leaf
43 Pampas backdrop
44 Dad, to Grandpa
45 Sock filler
46 Wears well
47 Shah Jahan's memorial (2 wds.)
50 Not stifling
53 Bird, once
54 How jet-setters travel (2 wds.)
58 Meteor impact site
62 Tusked animal
63 Not relevant
66 Short-tailed rodent
67 Gael republic
68 Cliffside abode
69 Important decades
70 Fracture finder (hyph.)
71 Faked out the goalie
72 Used email

Down

1 Storage bin
2 Zeus' spouse
3 Long-legged wader
4 Greenish melon
5 Jittery
6 Maple syrup base
7 Jacques' pal
8 Migratory flocks
9 Hairpin curves
10 Uniform
11 Jai --
12 Move a little
13 Tadpole's place
21 Haul
23 Lagoon boundary
25 Strong alkali
26 Scent carrier
27 NBA venue
28 Long grasses
29 Response on deck
31 Impractical
32 Mrs. Archie Bunker
33 Columbus' port
34 Theater backer
39 After taxes
40 Mineral analysis
41 -- -- few rounds
42 Gave Novocain
44 Pigpen
48 Dept. head
49 Century plants
51 Homer opus
52 Ms. Zellweger
54 Mountain goat
55 Film -- (grim genre)
56 Paretsky or Teasdale
57 Deuce taker
59 Raced off
60 Gusto
61 Lull
64 Hot Springs st.
65 Bakery buy

Monday's answer



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Certified Audit CAC of Circulations

Flyers take a chance, hire NHL newcomer Hakstol

NHL. Ron Hextall believes in former North Dakota head coach Dave Hakstol.

Hakstol won conference Coach of the Year honors twice in his 11 seasons with North Dakota. / GETTY IMAGES

He may not be a household name like Mike Babcock, he may not be a Flyers insider like Craig Berube was, and he may have a similar-sounding name to Flyers GM Ron Hextall. But the Flyers and Hextall found their man Monday morning as the Orange and Black will be led by former North Dakota coach Dave Hakstol.

"I had a list of things I wanted from a head coach," Hextall said, "and I went down this checklist in my mind, and every box was checked except for the NHL experience, and quite frankly to me that's the least important."

Hakstoll has no NHL experience on his résumé, but that could be the only weakness in his body of work. Over the last 11 seasons (289-143-43, .654) he has reached the postseason in every single one. His team reached the Frozen Four seven times during his tenure, the most of any team during that span.

And perhaps he has the right connections too, as Hextall's son was coached by Hakstol in college.

"Watching my son over the years, I got an appreciation for Dave and the way he coached," Hextall said. "I believe he was destined for it, he has a lot of pro qualities, he has a lot of experience as a head coach."

An impressive slate of players have learned and developed under Hakstol in North Dakota, most notably Jonathan Toews, Matt Greene, T.J. Oshie, Travis Zajac, Drew Stafford and Chris VandeVelde.

Clearly he knows how to handle NHL talent. But those were students, and the Flyers are paid pros.

"There are going to be several adjustments along the way," Hakstol, the Flyers 19th head coach said. "I don't have experience at the level. I won't pretend that I do, but I have an awful lot of confidence in being able to relate and communicate with players."

Quoted

"Ultimately, the history and tradition of this organization is something that's really special. And with that come a lot of expectations, and we all know that full well." Dave Hakstol

EVAN MACY
@evan_macy
evan.macy@metro.us

3 SPORTS

All rookie

Noel named to first team

A third-place finish for Rookie of the Year made it a good bet that 76ers center Nerlens Noel would ne named to the NBA's All-Rookie First Team, and he did just that, joining Andrew Wiggins (Minnesota), Nikola Mirotic (Chicago), Elfrid Payton (Orlando) and Jordan Clarkson (L.A. Lakers).

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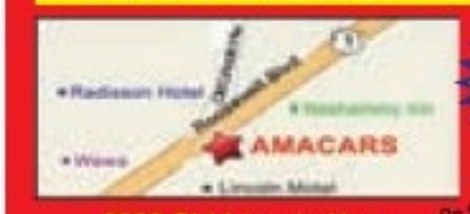

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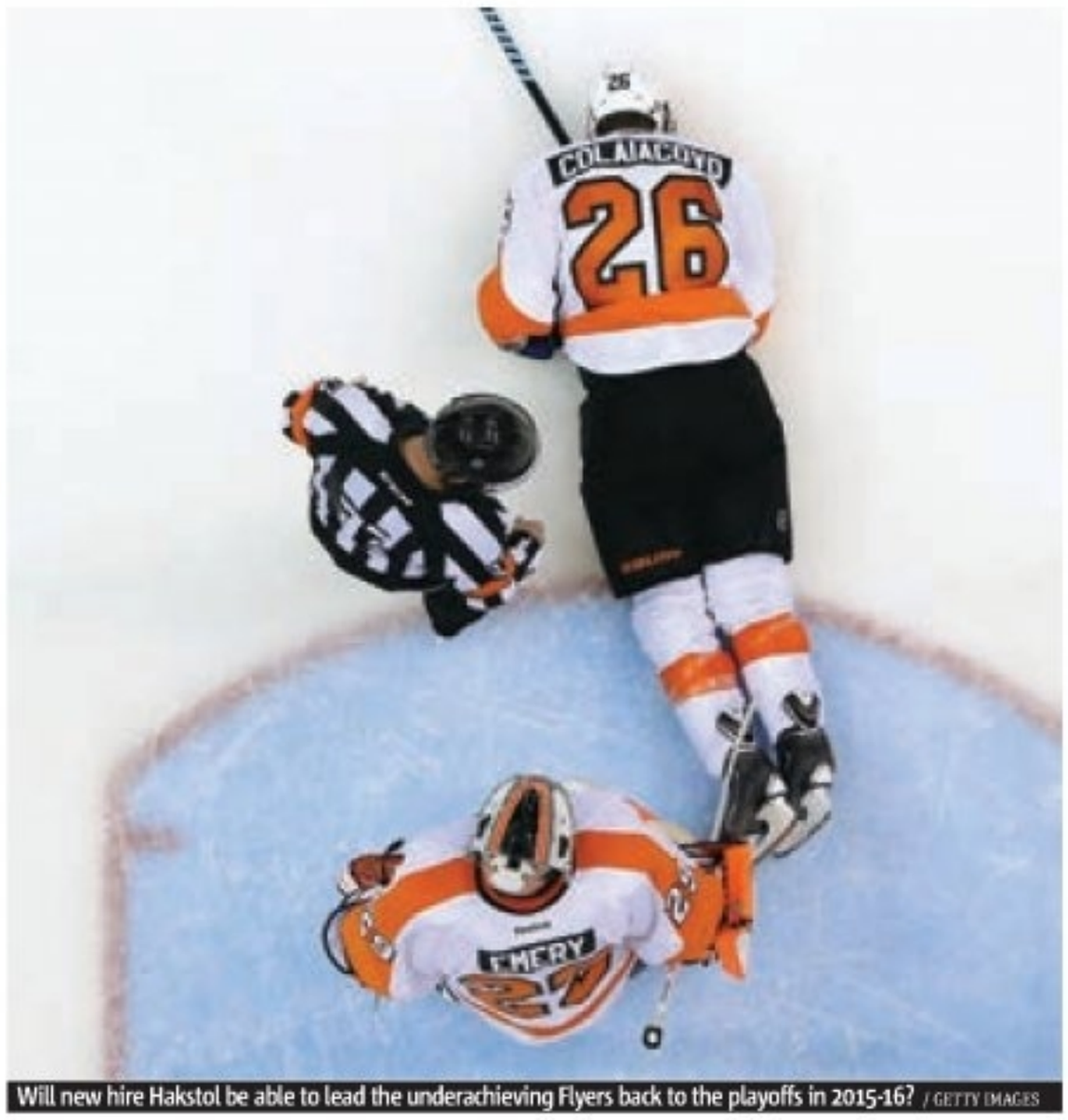
MACNOW: FLYERS, SIXERS FANS CAN REJOICE THIS WEEK

Opinion

GLEN MACNOW
REALGLENMACNOW
Glen Macnow has been an outspoken voice in Philly sports for nearly three decades.



Will new hire Hakstol be able to lead the underachieving Flyers back to the playoffs in 2015-16? / GETTY IMAGES

Macnow on 76ers, Flyers

"We'll know a hell of a lot more within days. Here's hoping that Snider opens the bank vault and that luck rains down on the Sixers. Let's face it, this fan base could use some good news"

For all the fretting over the Phillies and angst over the Eagles, the future of Philadelphia's two other teams will take dramatic turns this week.

The Flyers surprised everyone Monday by hiring University of North Dakota coach Dave Hakstol to turn around this torpid franchise. And the Sixers will see if Sam Hinkie's Tankathon Part II pays off Tuesday night during the annual Ping-Pong ball party for the NBA's wretched refuse.

Things land right, and each sad franchise has a chance for immediate relevancy.

Flyers GM Ron Hextall made the gutsy call of hiring Hakstol (yeah, the names are going to be confusing) over superstar free agent Mike Babcock or another retread.

This is not your typical Snider-Clarke-Holmgren move, which would have been to find the best available ex-Flyer to prop behind the bench.

Indeed, while one-third of NHL players now trace their roots back to campuses, Hakstal is just the third coach ever to move straight from college to the big time without prior NHL experience.

I've been exhausted by the Flyers longtime practice of shuffling coaches and signing over-the-hill free agents. The result, in recent seasons, is that they became just another crummy, irrelevant NHL team. It hurts to say that, but it has become the reality.

So put me on record as liking this move, even if it's just to see Hextall exercise the autonomy to change the culture.

On the ice, the underachieving Flyers need to be prodded, and Hakstol is known for his intensity. The line that's used about him is that his angry stare penetrates the back of a player's helmet. Apparently, he also brings that fury to the refs.

The other key is Hakstol's ability to develop young talent. More than 20 players graduated from his program to the NHL in the past 11 years, including Jonathan Toews, Zach Parise and T.J. Oshie. More than anything, Hakstol will be charged with bringing along the core of promising defensemen in the Flyers system. That, more than short-term success in the playoffs, will be the measure of his success.

So, here's hoping Hextall — and Hakstol — can revive a once-proud franchise.

The Sixers are more at the whims of the gods Tuesday night. Winning the lottery lands Karl-Anthony Towns, to my thinking the only franchise changer in the draft. Getting a top-three pick garners D'Angelo Russell, a combo guard whom Brett Brown could mold into a team leader.

If that happens (and if someone ties Hinkie to a chair to prevent him from trading down), all of that kicking the can down the road could finally pay off in 2015-16. If not — and there's a 53 percent chance the Sixers wind up drafting fourth to sixth — what's to prevent Sam from deciding he needs one more year of "optionality" before attempting to, you know, actually compete?

We'll know a hell of a lot more within days. Here's hoping that Snider opens the bank vault and that luck rains down on the Sixers. Let's face it, this fan base could use some good news.

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A027 - Garrison, Jerome • C328 - Edwards, Ronald • C340 - Giandomenico, Paolo
C353 - Young, Marlene • C390 - Byfield, Leighton • E504 - Brown, Lachelle • E518 - Wright, Jacqueline
G614 - Tabb-Henderson, Chris • P115 - Rivera, Lorraine - Chevy Suburban 1500, Blue, 2002, vin 5378

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A220 - BEYAH, ATIYA • A247 - Harris, Tyreal • A418 - Bailey, Centrin • A440 - Fisher, Da'Jon • A442 - O'Neill, Marion
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C2616 - Weems, Qaron • C2803 - Sayon, Thomas • P013 - Davis, Garry- Nissan, Maxima, Breeze, 2007, vin7286

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0010 - Ming, Dwayne • 0055 - Crippen, Ebony • 0116 - Brown, Hugh • 0162 - Taylor, Yolanda
0228 - Vereen, Joythan • 0266 - Watson, Anika • 0337 - Porter, Malika • 0406 - Tolar, Aesha
0435 - Banks, Nicole • 0456 - Fryar, April • 0463 - Coleman Jr, Sherman • 0508 - Bahn, Lisa
0588 - Syllah, Kadiatu • 0632 - Songster, Hermione • 0675 - Hamidullah, Mateen • 0760 - Evans, Alison
0811 - Postell, Virginia • 0914 - Treben, Anika • 1021 - Sheppard, Zanberle

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1062 - Brown, Diane • 1070 - Phillips-Byers, Erica • 1085 - Velez, Miguel • 1126 - Zeledon, James
1221 - Salley, Ikima • 1262 - Tanzymore, Muhammad • 2099 - Butterline, Lisa • 2129 - Castro, Adrienne
2131 - Digiacomo, Cynthia • 2202 - Harr, Francis • 2356 - Munoz, Maria • 3015 - Velasquez, Leany
3356 - Braun, David • 3397 - Cruz, Aida • 3400 - Braun, David • 4004 - Figueroa, Mayra

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A032 - Peirce, Francis • A033 - Rosario, Jonra • A047 - Damon, Tyrae • A105 - Rios, Sherwanda
B121 - Costello, Patrick • B183 - Ascero, Michael • C227 - Miner, Karen • C341 - Mansley, Ian
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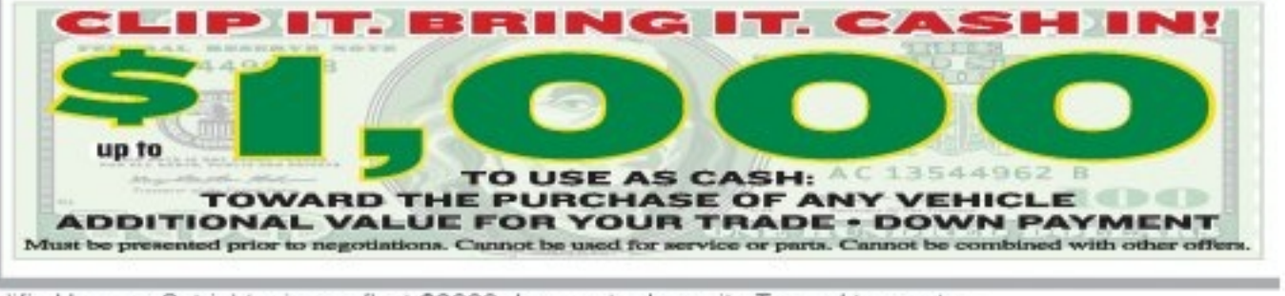
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If the 76ers win the top prize in the NBA draft lottery, they may have no choice but to take another (near) seven-footer in Karl-Anthony Towns. / GETTY IMAGES

Pick pong: 76ers future is again tied to lottery

NBA. The 76ers are hoping for better luck this time in Tuesday night's NBA draft lottery.

The Atlanta Hawks, Cleveland Cavaliers, Houston Rockets and Golden State Warriors are still alive in the NBA Playoffs.

In the Eastern Conference, former Sixers Elton Brand and Kyle Korver will help the Hawks battle LeBron James and Co.

In the Western Conference, the Rockets rallied from a 3-1 deficit against the Los Angeles Clippers to earn the right of playing the Warriors, who feature former Sixers Andre Iguodala and Marreese Speights.

If the Sixers harbor aspirations of heading deep in the playoffs, they'll need to continue to overhaul their roster.

Some luck wouldn't hurt.

That's where the NBA lottery comes in Tuesday night when the Sixers will be one of 14 teams participating.

Nerlens Noel will be the Sixers' representative in New York City when the Ping-Pong balls are unveiled.

The Sixers finished 18-64, the third-worst record in the league, giving them 156 chances to wind up with the No. 1 pick. The Minnesota Timberwolves (16-66) have the most chances — 250 — while the New York Knicks (17-65) have 199 chances.

The Sixers can pick no lower than sixth overall.

Once the picks are determined, it will be time to start looking at the best potential players to join the Sixers.

Let's take an advanced look at the top players from No. 1 through 6 depending on where the Sixers land:

The odds

Here are each team's chances at earning the No. 1 overall pick in Tuesday's NBA draft lottery, at 8:30 p.m. on ESPN:

- **Thunder:** 25 percent
- **Knicks:** 19.9 percent
- **76ers:** 15.6 percent
- **Lakers:** 11.9 percent
- **Magic:** 8.8 percent
- **Kings:** 6.3 percent
- **Nuggets:** 4.3 percent
- **Pistons:** 2.8 percent
- **Hornets:** 1.7 percent
- **Heat:** 1.1 percent
- The Pacers, Jazz, Suns and Thunder each have less than a 1 percent change at the first pick.

1 Karl-Anthony Towns, 6-foot-11, power forward, Kentucky

Towns had 16 points and nine rebounds in the Final Four loss to Wisconsin. Projecting down the line, Towns is NBA ready and would certainly make an immediate impact for the Sixers. With Noel and Joel Embiid, the Sixers don't necessarily need another big man. If they want to take the best player, Towns would fit. They can figure out how it will all work out later.

2 Jahlil Okafor, 6-foot-11, power forward, Duke

Okafor won a national championship as a freshman, though he was a bit up and down in the NCAA tournament. Watching Okafor, it's easy to see immense ability in every facet. His free-throw shooting is average, but his footwork and skills in the low post are quite advanced. Okafor has all the skills to become an NBA All-Star.

3 D'Angelo Russell, 6-foot-5, shooting guard, Ohio State

Russell would fill a major need for the Sixers. Robert Covington came in and helped with his long-range shooting, but the Sixers desperately covet a shooting guard to help open up the low post. Russell can certainly step in and contribute right away with such a young team.

4 Emmanuel Mudiay, 6-foot-5 point guard, China

Instead of playing in college, Mudiay decided to play professionally for one year in China. He suffered an injury and didn't complete the season. Looking down the road, Mudiay has a myriad skills which will benefit him in the NBA. He has size, great ball-handling skills and the ability to shoot from instance.

5 Willie Cauley-Stein, 7-foot center, Kentucky

Cauley-Stein may not be as skilled in the low post as Towns, but he's an athletic center who can block shots and run the floor. He has good hands and would contribute right away as a rookie without as many zone defenses. Cauley-Stein has improved every season. It would be interesting to see Cauley-Stein in a Sixers uniform.

6 Justise Winslow, 6-foot-6 small forward, Duke

Winslow was one of the most improved players on Duke. He was also one of the most improved players in the country. Winslow posted 30 points and 18 rebounds in the two Final Four games against Michigan State and Wisconsin. More than that, he became a solid all-around player, especially on defense. Winslow's future sure looks bright.

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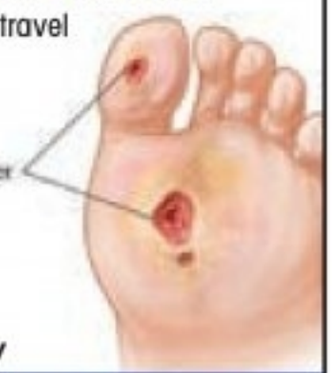

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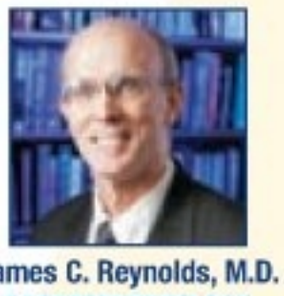

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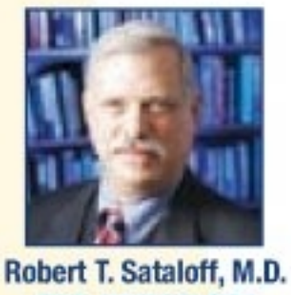

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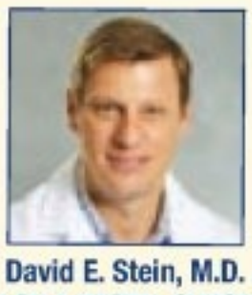

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